



FITPASS

A PASSPORT TO A **HEALTHIER** YOU.



SAN ANTONIO'S CITYWIDE FITNESS AND WELLNESS
ADVENTURE!

FITPASS 2016

A PASSPORT TO A HEALTHIER YOU.

WELCOME TO FIT PASS 2016,

the latest installment of San Antonio's city-wide fitness and wellness adventure! Fit Pass 2016 is a FREE interactive fitness scavenger hunt taking place from June 11 to September 3, 2016. Challenge yourself to live healthier, stay fit, and get to know your City! Earn points for participating in wellness activities throughout San Antonio for a chance to win big prizes!

Here's How to Play:



1. Get the free mobile app or use your Fit Pass 2016 passport. Fit Pass 2016 has an iOS App and new Android App for you to digitally track your participation. Visit the App Store or Google Play store and search "SA Parks Fitness" to download or use this passport to track your participation. Non mobile users can use the desktop web application by visiting www.SAFitPass.com.



2. Get Fit: Participate in as many of the listed activities and events as you desire to earn points. Get your passport stamped or obtain your mobile app event code at each event from a Fit Pass or activity representative to earn credit for participation. Be sure to check the website periodically for new events added throughout the program.



3. Turn in your passport between September 3 and September 10, 2016 for a chance to win some amazing prizes including new bikes, personal fitness equipment, gaming systems, gift cards, and more! Passports can be turned in at any Fit Pass event or San Antonio Parks & Recreation facility. Prizes will be awarded to the top overall point earners in adult and youth categories, and everyone who turns in a passport will be entered into our grand prize raffle!

Visit **www.sanantonio.gov/parksandrec** for complete rules and program updates or call (210) 207-3221.

Present this passport to a Fit Pass or activity representative at each event to obtain credit for participation. Follow us on Twitter and Instagram **@SAParksFitness** for updates and special Fit Pass 2016 updates, news, and social media contests. Be sure to use **#FitPass16**.

Return or mail this passport to the San Antonio Parks & Recreation Department by September 10, 2016 to be eligible for prizes and to be entered into the grand prize drawing! Passports can also be returned to any Fit Pass representative on site at Fit Pass listed events. Mobile app and desktop users will have their points and information automatically submitted at the end of the program.

Mail or Return To:

San Antonio Parks & Recreation
5800 Enrique M. Barrera Parkway
San Antonio, Texas 78227

Attn: Fit Pass 2016



CITY OF SAN ANTONIO
PARKS & RECREATION



Search "SA Parks Fitness"



Humana *Vitality*

FITPASS 2016

A PASSPORT TO A HEALTHIER YOU.

TOTAL
POINTS

3

POINTS

ONGOING • FREE

Fill Out & Submit Your Fit Pass 2016 Participant Sign Up Sheet and Get Started Playing!

Fill out and turn the participant sign up sheet in the front of your passport to get started playing Fit Pass 2016. Congratulations for taking the Fit Pass challenge! Note: Mobile App users will receive their points after registering in the mobile app.

10

POINTS

6.11.16 • FREE

Pearsall Park, 4700 Old Pearsall Road
8:00 am to 12:00 pm *Check In starts at 7:15 am

Attend the 2016 Fit Pass Dash Kick Off Event



Kick off your Fit Pass campaign at the 2016 Fit Pass Dash 5K. Activities include a 5K, 1 mile fun run, and a variety of free fitness activities, as well as some awesome door prizes. This is also the official grand opening celebration of Pearsall Park! For more information and to RSVP for your spot, visit www.iaapweb.com.



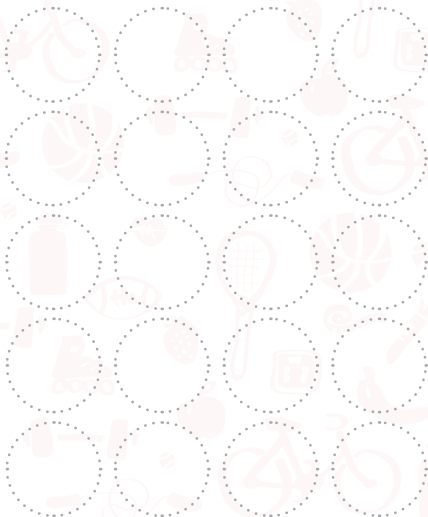
ONGOING YEAR-ROUND • FREE

Various Locations and Times - See online schedule

Attend a Fitness in the Park Class



Fitness in the Park is a year-round fitness program that brings a wide variety of FREE exercise classes to Parks and Recreation facilities across San Antonio. Earn Fit Pass points for attending any Fitness in the Park class of your choice, as many times as you like. There are hundreds of opportunities each month, so it's a great way to rack up points! For the current monthly schedule, visit www.sanantonio.gov/parksandrec, and find the Fitness in the Park link or download the Fit Pass mobile app for up to date offerings. Check the weather hotline for information regarding inclement weather cancellations by calling (210) 207-3128.



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TOTAL
POINTS

3

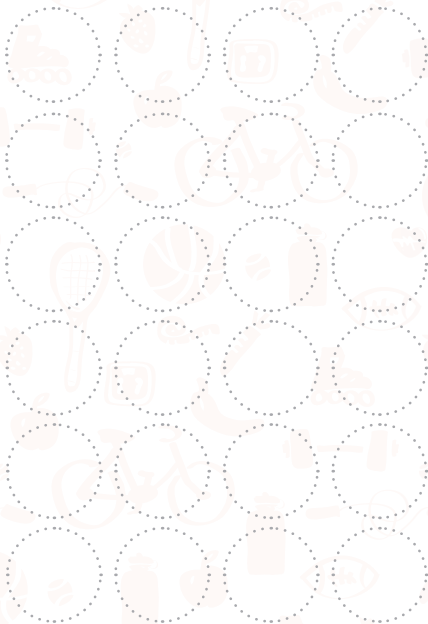
POINTS

ONGOING YEAR-ROUND • FREE

Various Locations and Times - See online schedule

Attend a Fitness in the Park Class

(Continued)



4**POINTS**

ONGOING • FIRST CLASS IS FREE / PRICES VARY
FOR ADDITIONAL CLASSES

5162 Broadway, 78209

Various Times - See online schedule

Workout with Energy X Fitness



Workout with Energy X Fitness, San Antonio's first rowing studio featuring ShockWave, Kettlebell, Body Weight Training, IndoRow, TRX, and Yoga! Classes include a full body workout on state-of-the-art water rowers, TRX straps and kettlebells, for a high intensity but low impact experience. To view the schedule of classes, visit www.energyxfitness.com. The first class is free and pre-registration is encouraged to ensure a spot in the class of your choice since space is limited.

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POINTS

3
POINTS



ONGOING THROUGH 8.7.16 • FREE

Various Locations and Times - See online schedule

Participate in the San Antonio Sports Fit Family Challenge

San Antonio Sports' Fit Family Challenge, presented by Blue Cross Blue Shield, is designed with a goal to get families active, to eat better, and to learn about health and fitness. Earn points for attending weekly workouts listed below as well as special monthly events. Each of these FREE sessions include a 15-minute registration period where health assessments and nutrition education take place. Adults (ages 13+) then move to the Zumba class and the children (ages 4-12) move to their own Kid Fit class, each facilitated by a professional trainer. Each is 60 minutes. For more information, visit www.fitfamilychallenge.com.

Fit Family Challenge Events: (worth 5 points)

6.25.16

8:00 - District 8 Get Healthy at Hardberger - Details at www.fitfamilychallenge.com - Phil Hardberger Park West

7.23.16

8:00 am District 3 Jump Into Fitness Event - Details at www.fitfamilychallenge.com - Harlandale Park

8.13.16

8:00 am - Fit Family Challenge Finale Details at www.fitfamilychallenge.com - Location TBA



Weekly Fit Family Challenge Workout Schedule (Ongoing through August 7th):

EVERY MONDAY

5:30 pm - McAuliffe Middle School, 9390 SW Loop 410

5:45 pm - Dwight Middle School, 2454 W. Southcross Blvd.

EVERY TUESDAY

5:00 pm - Rayburn Elementary, 635 Rayburn

EVERY WEDNESDAY

5:45 pm - Linton Elementary, 2103 Oak Hill

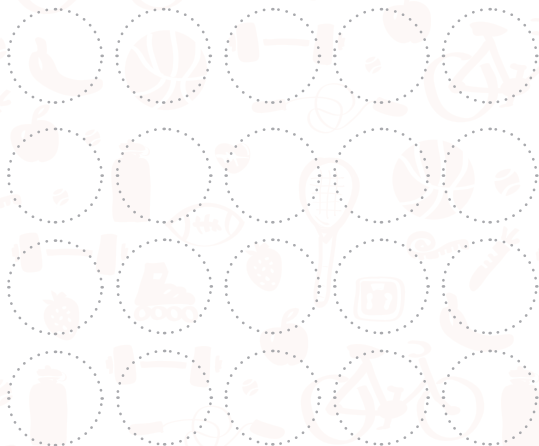
5:15 pm - Whittier Middle School, 2101 Edison Dr.

5:45 pm - Baptist Temple, 901 E. Drexel Ave.

EVERY THURSDAY

5:45 pm - A.C.E.S. Early College High School Gym,
1460 Martinez Losoya Rd.

All San Antonio Sports Fit Family Challenge Points



FITPASS 2016

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TOTAL
POINTS

2

POINTS

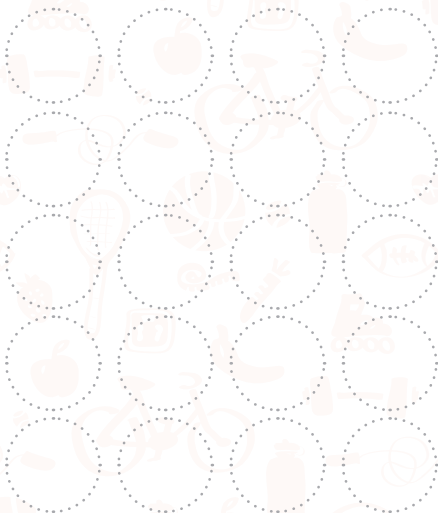


ONGOING THROUGH 8.14.16 • FREE

Various Locations and Times - See online schedule

Go Swimming at a City of San Antonio Pool

Earn points for swimming at any outdoor City pool. For a listing of all City pools, visit www.sanantonio.gov/parksandrec/swimming.aspx.



4**POINTS**

ONGOING • FIRST CLASS IS FREE/PRICES VARY
FOR ADDITIONAL CLASSES

11075 IH-10 West #126

Tuesdays at 8:00 pm and Thursdays at 6:30 pm

Take a fitness class with Altitude Trampoline Park



Come take a high intensity, but low impact full body workout class at Altitude Trampoline Park. Workouts are great for every skill level. The first class is free, so come join us.

**4****POINTS**

6.20.16, 7.11.16, & 8.15.16 • FREE

JoyRide Cycling, 1915 Broadway • 9:30 am or 4:30 pm

Take a spin class with JoyRide



JOYRIDE
Cycling

JoyRide Cycling is San Antonio's premier dedicated indoor cycling studio! Indoor cycling is the ultimate in cardiovascular fitness, appealing to avid cyclists, fitness buffs and beginners alike. Burn calories, create energy and build focus. JoyRide inspires both body and mind! Register online at www.joyridetexas.com to reserve your spot for a free JoyRide class. Space is limited. Use the code FITJOY at check out.



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TOTAL
POINTS

3

POINTS

6.22.16 & 7.27.16 • FREE

Humana - 803 Castroville Rd., Ste. 300, 78237
12:30 - 2:00 pm

Family Fitness Fiesta

Humana *Vitality*

Try a variety of fun and easy fitness mini-classes suitable for the whole family at the Humana Guidance Center. Space is limited to 40 participants. For information, call (210) 424-6086.

4

POINTS

ONGOING • VARIOUS DAYS & TIMES - SEE
SCHEDULE BELOW • FREE

Humana, 803 Castroville Rd., Ste. 300, 78237.
12:30 - 2:00 pm

Take a Nutrition Class at the Humana Guidance Center

Humana *Vitality*

There's always something going on at your local Humana Center. The Humana Guidance Center is open to everyone at no cost - you don't have to be a member to participate. Attending a nutrition class will help you learn to eat, cook, and live healthier! Space is limited to 50 participants. For information, call (210) 424-6086.

June 14 - 1:00 pm - Foods to Fight Osteoporosis

June 14 - 2:15 pm - Healthy Cooking Demo: Bone Healthy Foods
(Facilitated by Chef Keith Cruzan)

June 21 - 2:15 pm - Fighting Cancer 101 (Facilitated by the
San Antonio Food Bank)

(Continued)

June 28 - 12:00 pm - Grilling and Food Safety (Facilitated by SA Metro Health)

July 12 - 1:00 pm - Nutrition and You: High Fiber Foods

July 12 - 2:15 pm - Healthy Cooking Demo: High Fiber Foods (Facilitated by Chef Keith Cruzan)

July 18 - 12:00 pm - Seasonal Produce 101: How to Select and Use (Facilitated by Texas A&M Agrilife)

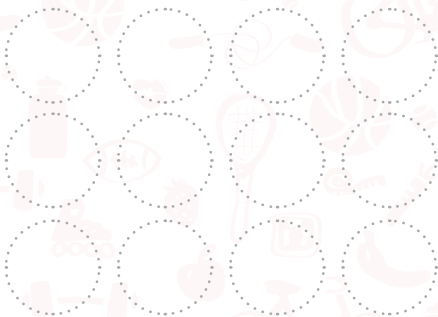
July 19 - 2:15 pm - Healthy Shopping on a Budget (Facilitated by the San Antonio Food Bank)

August 3 - 12:00 pm - Rate Your Plate

August 9 - 1:00 pm - Nutrition: Snack Smart

August 9 - 2:15 pm - Healthy Cooking Demo: Heart Smart Recipes (Facilitated by Chef Keith Cruzan)

August 16 - 2:15 pm - Healthy Lunches on the Go and Back-to-School



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TOTAL
POINTS

6

POINTS

ONGOING • GUESTS MUST PAY ADMISSION TO THE ZOO

San Antonio Zoo, 3903 N. St. Mary's, 78212

9:00 - 4:00 pm

Take a Walk in the San Antonio Zoo



Visit the San Antonio Zoo for a walk around the park. Fit Pass guests are challenged to walk to the giraffe or cheetah exhibit and take a selfie before proceeding to the Zoo's education center to receive credit. Guests must pay Zoo admission and complete the challenge before 4:00 pm to receive credit. Earn Fit Pass points and enjoy everything the San Antonio Zoo has to offer! For more information about the San Antonio Zoo, visit www.sazoo.org.

3

POINTS

ONGOING • FREE

Follow @SAParksFitness on Twitter

Follow us on Twitter @SAParksFitness to stay updated on all Fit Pass 2016 news! Show us your profile to earn points.



5**POINTS****ONGOING • FREE****Go Viral! Submit a video or picture of your #FitPass16 Experience!**

Post a video or snap a picture of your Fit Pass experience on Twitter, Facebook, or Instagram. Make sure you tag it with #FitPass16. Not only will you earn points, we're picking the best social media videos and pictures as prize winners.

**4****POINTS****ONGOING • FREE**

Witte Museum, 3801 Broadway St.
Every 3rd Tuesday of the month from 3:00 pm to 7:00 pm

Visit the H-E-B Body Adventure at the Witte Museum

Experience the excitement of the Witte Museum's H-E-B Body Adventure Powered by University Health System. The H-E-B Body Adventure is a revolutionary, state of the art, interactive adventure where all generations will have a full body experience focused on Health IQ, Empowerment and Wellness. Take a virtual bike ride along the beautiful San Antonio River on *South Texas Trailblaze*. Pick a drink and see how long it would take you to work it off at *You Are What You Drink*. Explore Inside You, a life-size virtual anatomy table, or strap on a skeletal vest and learn more about your organs and what it takes to keep them healthy and safe. Also included are favorite go-to spots like Mt. Witte, the H-E-Buddy® Skycycle and an improved Move It! Floor.

Show your POWERprofile or complete two activities to earn Fit Pass points. www.witemuseum.org



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TOTAL
POINTS

3

POINTS

ONGOING FROM 8.6.16 - 8.13.16

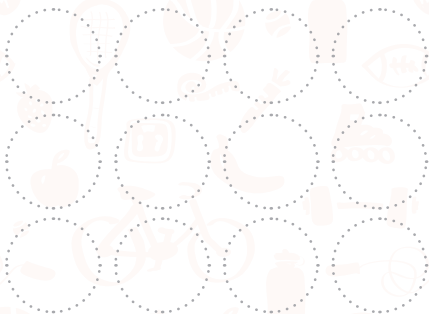
COST OF MENU ITEMS VARY

Various Locations and Times - See below

Try a ¡Por Vida! Healthy Menu Item During the Fit Pass Por Vida Week



¡Por Vida! is a restaurant recognition program that helps adults and children make healthier food choices by identifying those menu items that meet nutritional guidelines developed by the Healthy Restaurant Coalition. When you choose ¡Por Vida!, you make a better choice for life! Come try a ¡Por Vida! menu item at any participating location. Save your receipt or snap a photo of your experience and show it to a Fit Pass representative at any Fit Pass event to get credit during Fit Pass Por Vida Week! Make sure to ask for ¡Por Vida! menu items! **Visit www.porvidasa.com for a listing of eligible restaurant locations and Por Vida menu items.**



3**POINTS****ONGOING • FREE* (Cost of products vary)**Dignowity Hill Park, 701 Nolan - 9:00 am to 2:00 pm**Visit the Dignowity Hill Farmer's Market**

Dignowity Hill Farmer's Market's mission is to bring fresh, local and affordable food options to the community while supporting local businesses. Vendors are from Texas and the products are as fresh as they come. The farmer's market is completely resident driven, making its grassroots approach the basis of success. Take a stroll through the market, get a free health screening at the Mobile Fit SA, watch an interactive nutrition demo, or participate in free fitness class! Stop by Mobile Fit SA to get your stamp!

ALTERNATING SUNDAYS:6.12.16, 6.26.16, 7.10.16, 7.24.16, 8.14.16, 8.28.16

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POINTS

3

POINTS

STARTING 6.16.16 • FREE

Fleet Feet Sports, 7322 Jones-Maltsberger in the Quarry
Every Thursday at 7:00 pm

Social Fitness Walking



FLEET FEET
Sports

With support from Fleet Feet Sports, San Antonio Walks, the city's premier walking program, will provide a social fitness walk starting on Thursday, June 16th, and continues every Thursday at 7 pm. Walks start at the Fleet Feet Store and all levels of walkers are welcome to participate in an easy 1 to 3 mile walk in nearby communities. Experienced coaches and motivated mentors will offer training, advice, and support. For more details, contact Bert Pickell at (210) 273-7983 or bpickell@satx.rr.com.





ONGOING • FREE

Every Tuesday at 7:00 pm

Social Trail Walking



Through coordination with San Antonio Parks and Recreation and the Mayor's Fitness Council, San Antonio Walks, the City's premier walking program, will provide a social trail walk starting on Tuesday, June 14th at Pearsall Trailhead (4700 Old Pearsall Rd.) and move to a different trail every Tuesday. Please refer to the schedule below for the tentative trails. Walks will start at the trail head or park entrance and all levels of walkers are welcome to participate in an easy 1 to 3 mile walk along safe and enjoyable walking paths, following the San Antonio River in many instances. Experienced coaches and motivated mentors will offer training, advice, and support. For more details, contact Bert Pickell at (210) 273-7983 or bpickell@satx.rr.com.

June 14 – Pearsall Trailhead

June 21 – Valero Trailhead

June 27 – Tobin Trailhead

July 7 – DAY OFF

July 14 – Museum Reach Trail

July 21 – Mission Reach Trail

July 28 – Hardberger Park (Blanco)

August 4 – Museum Reach Trail

August 11 – OP Schnabel Park

August 18 – Olmos Basin Trailhead

August 25 – Museum Reach Trail

(VFW 76)

September 1 – LBJ Park

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TOTAL
POINTS

4

POINTS

ONGOING • FREE

Various Locations and Times

Mobile Fit San Antonio

Mobile Fit San Antonio is a traveling fitness vehicle that offers free exercise classes and health screenings. Earn Fit Pass points for receiving complimentary BMI, blood pressure, and Body Fat % screenings (up to 12 points). Stay on the lookout for Mobile Fit San Antonio at Fit Pass events throughout the summer!



3

POINTS

ONGOING • FREE

Various Locations • See schedule at USRTA.org

Play RoTenGo

RoTenGo is strictly a ground game. With its fast close volleys, it looks like table tennis on the ground. This hybrid of tennis and ping pong (table tennis) is an exciting game with nonstop action. It can be played by people of all ages, either indoors or outdoors. Visit www.usrta.org to find where the next RoTenGo game is happening. Earn points for playing!





6.22.16, 7.13.16, 7.27.16, 8.10.16, &
8.24.16 • FREE

San Antonio Food Bank
5200 Enrique M. Barrera Parkway
11:00 am - 12:30 pm or 6:00 - 7:30 pm



Viva Bien at the San Antonio Food Bank

Viva Bien! Live Well with Diabetes! is a Bilingual Diabetes Lifestyle Education Initiative in San Antonio. Classes cover a variety of Health Nutrition, Healthy Cooking, and Exercise topics to better manage or prevent Type-2 Diabetes. Each class is "stand alone," so you can come once to learn the basics or come as often as you like for new information. Bring your spouse or other family members! Please call us to register at (210) 431-8489 or (210) 431-8349 to ensure your class spot!



ONGOING • FREE

7.16.16 - Labor Street Park, 440 Labor St.
8.20.16 - Woodlawn Lake Park, 1103 Cincinnati
Between 9:00 am and 11:00 am

Complete an Outdoor Fitness Equipment Circuit

Did you know that there are over 40 outdoor fitness stations available in San Antonio? Come try them out and complete at least one circuit at select outdoor fitness equipment stations. The on-site Fit Pass representative will be there to assist you and provide your stamp or mobile app code.



FITPASS 2016

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TOTAL
POINTS

5

POINTS



ONGOING • MONDAY – SATURDAY

San Antonio Food Bank
5200 Enrique M. Barrera Parkway
9:00 am to 12:00 pm

Volunteer at the SA Food Bank Spurs Community Garden

The Spurs Community Garden is an exciting initiative of the SA Food Bank's Nutrition Education Program. Volunteers will help with construction of gardens and gardening chores. Volunteers must register online at www.safoodbank.org to schedule an appointment. In the comment section, be sure to put "Fit Pass."



5

POINTS



ONGOING • VARIOUS TIMES

Animal Care Services, 4710 State Highway 151

Volunteer with San Antonio's Animal Care Services

Get fit with Fidos... and Felines too! Become a volunteer with San Antonio's Animal Care Services and help your local shelter walk and socialize our furry companions. Sign up to volunteer and earn Fit Pass points every time you help! NOTE: All volunteers must complete the volunteer application process and attend a scheduled orientation. For more information, visit www.saacs.net or call (210) 207-6644.





8.27.16 • \$10 FOR FIT PASS PARTICIPANTS!
(\$5 OFF THE REGULAR PRICE)

Lifetime Gym at the Rim, 5639 Worth Parkway
11:30 am - 1:30 pm



Zumbathon for Family Endeavors: Come Dance to Save a Life!

Come and join the Zumba community as we help to support Family Endeavors! The Zumbathon consists of 2 continuous hours of cardio fitness camouflaged in Latin rhythms and dance. Enjoy a rotation of Zumba instructors, health and wellness vendors, and other festivities! All proceeds benefit Family Endeavors, Inc., a non-profit agency that provides an array of services in support of children, veterans, families, and those struggling with mental illness or other disabilities.



ONGOING • VARIOUS LOCATIONS & TIMES • FREE
SA Parks Volunteer Services

Volunteer During It's My Park Month

Sweating for a Good Cause – Volunteer! Participate in *It's My Park Days* and burn tons of calories along the way. The month of July will be filled with great opportunities to pitch in and devote some elbow grease to make parks across the city shine. Most events are suitable for ages 5 and up. Tasks include mulching, litter pick up, gardening, and painting. For a listing of available events, visit www.sanantonio.gov/ParksAndRec/WanttoHelp/Volunteer.aspx for more information.



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5

POINTS



8.6.16 • FREE

Normoyle Pool, 700 Culberson • 1 pm – 3 pm

SA Parks Back to School Pool Bash

Come enjoy swimming, games, and family activities as part of the Back to School Bash at Normoyle Pool!



4

POINTS



7.2.16, 8.6.16, 9.3.16 • FREE

McAllister Park, Al Beckon Pavilion, 13102 Jones Maltsberger
8:30 am (Check in before 8:30 am)

San Antonio RoadRunners Monthly Fun Run

Held the first Saturday of each month, this event is free and open to the public, for all ages. Event begins at 8:30 a.m. with a 60-yard dash Kids' Run. Each child receives a finisher's ribbon. After the Kids' Run, half-mile, 1-mile, and 3-mile runs are held. Participants may enter as many of these runs as they want. Participants completing all three events are eligible to receive a trophy. These events are timed but the event is non-competitive. Water, Gatorade, and post-race refreshments are available. The San Antonio RoadRunners (SARR) is a 501(c)3 non-profit organization whose mission is to promote health and fitness thru running. For up-to-date information, go to www.saroadrunners.com.



5**POINTS****7.30.16 & 8.27.16 • FREE****Bike Ride on a Greenway Trail**

Bring your bike and come take a ride on one of San Antonio's Greenway Trails. Ride at your own pace between 9:00 and 11:00 am, but make sure to find the Fit Pass representative at the trailhead to get credit.

7.30.16

Phil Hardberger Park East, 13203 Blanco Rd.

Between 9:00 am and 11:00 am

8.27.16

Roosevelt Park (Mission Trail), 331 Roosevelt

Between 9:00 am and 11 am

**4****POINTS****7.2.16 • SUGGESTED DONATION: \$3 PER PERSON,
OR \$6 PER FAMILY**

Friedrich Wilderness Park • 8:30 am

**First Saturday Family Hike: Exploring History
Through Nature**

Beat the heat with an early morning hike with the family and learn how Native Americans found everything they needed from the plants and animals around them. RSVP required. Visit www.fosana.org to reserve your spot. Suggested donation: \$3 per person, or \$6 per family. For more information, please call (210) 207-3782 or email nicole.mcleod@sanantonio.gov.



4

POINTS



8.6.16 • FREE

Phil Hardberger Park East Outdoor Classroom
9:00 am - 11:00 am

Family Nature Scavenger Hunt

Using "Leave No Trace" principles participants will look for wildlife and plant checklist awareness clues while walking on the trails at their own pace. This program is suggested for families with children. No registration required. Bring your own water bottles and bug spray if needed. This program is supported by Texas Children in Nature San Antonio.



4

POINTS



6.25.16 • FREE

Phil Hardberger Park Urban Ecology Center
8:00 am

Native Plant Walk

Take a guided walk through the Butterfly Meadow and around the Grassland Savanna starting at the Phil Hardberger Park Urban Ecology Center. Presenter: Joan Miller, President of the Native Plant Society of Texas. No registration required. Admission is free although donations are accepted.



5

POINTS

ONGOING • VARIOUS TIMES

Animal Care Services, 4710 State Highway 151

Volunteer with San Antonio Pets Alive!

San Antonio Pets Alive! is a 501(c)3 non-profit organization dedicated to saving the lives of dogs and cats in San Antonio. The animals saved are unique in that they are rescued directly from the at risk population at San Antonio Animal Care Services (ACS). SAPA!'s life-saving programs include the parvo puppy ward, neonatal kitten nursery, medical triage unit, and cat ringworm program. Thousands of animals that otherwise have no other options are saved by these innovative medical programs. Once safe, these animals are cared for and adopted through foster and adoption programs. Become a volunteer by visiting www.sanantoniopetsalive.org/volunteer/ or call (210) 370-7612 for more information.



4

POINTS

8.20.16 • FREE

 Phil Hardberger Park Urban Ecology Center
 9:00 am - 11:00 am
Urban Birds

Join Greg and Jana Gibbons, avid birders and Master Naturlists for this fun educational program about birds in this area. This activity is recommended for families with young children. Kid friendly crafts and nature walking included.



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TOTAL
POINTS

3

POINTS



Various Locations and Times - See online

Workout at the YMCA

Stop by any of the 11 YMCA locations and be a guest for a fun fitness class or a workout. Fit Pass guests (non-members) are entitled to one free guest pass to a YMCA fitness class or workout, good for 3 Fit Pass points. Current YMCA members can receive credit for up to 20 workouts. Just show your passport to a Member Engagement Representative at our Welcome Center. Visit www.ymcasatx.org for information about the YMCA of Greater San Antonio.

NOTE: Fit Pass guest passes for non-members valid for one visit only.



ONGOING • FREE

Various Locations and Times - See online

Workout at the YMCA

Continued



Ongoing through 8.5.16 • Free

Various SYP Locations

Park's Summer Youth Program: Get Fit!

Get Fit! Is part of the Parks and Recreation's Summer Youth Program daily activity schedule. Summer Youth Program participants can earn Fit Pass points for participating in various Get Fit! activities each week. For more information about the Summer Youth Program visit www.sanantonio.gov/parksandrec.

***This activity is limited to Summer Youth Program participants only**



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POINTS

5

POINTS

ONGOING • \$25

Various Locations & Times

H-E-B Metabolic Testing

Reach your goals with Metabolic testing



Understanding your calorie needs is the first step to reaching your goal. KORR™ ReeVue is a fast, easy and affordable way to measure your metabolism. It measures the oxygen in your breath to determine your Resting Metabolic Rate (RMR) to help determine how many calories you burn. The test takes only 10 minutes. Your H-E-B Registered Dietitian will interpret the results and offer nutrition advice customized to you. Visit www.heb.com/nutrition to schedule a test. Fit Pass participants receive a discounted price of \$25.



ONGOING • FREE

10:00 am • Various Locations - See below schedule



Take the H-E-B Grocery Store Tour

Join H-E-B Registered Dietitians and take a guided tour of your H-E-B Grocery Store. Learn how to shop and cook for your health. H-E-B Registered Dietitians will teach you how to read a food label, prepare a healthy shopping list, make meal plans, follow recipes and more. Space is limited. To sign up, visit www.heb.com/nutrition and register now under the Group Health Classes option. Meet at the pharmacy 10 minutes before the start of the tour.

Monday, June 13, 10 am, 368 Valley Hi Mall @ Loop 410 78227

Monday, June 27, 10 am, 17460 IH-35 North @ FM 3009 78154

Thursday, July 7, 10 am, 735 S.W. Military Dr. @ Pleasanton Rd 78221

Saturday, July 30, 10 am, 8503 N.W. Military Hwy. 78230

Wednesday, August 3, 10 am, 10718 Potranco Rd. 78251

Monday, August 29, 10 am, 17460 IH-35 North @ FM 3009 78154



FITPASS2016

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TOTAL
POINTS

4

POINTS

Humana Vitality

ONGOING • VARIOUS LOCATIONS

See below schedule

Humana Hikes San Antonio

Join us to celebrate the National Parks Service 100th anniversary by encouraging everyone to enjoy America's national parks as a resource to stay healthy and active. #FindYourPark is much more than a celebration of our national parks, it's a celebration of all of the services and benefits our national and local parks have to offer. If you haven't hiked in a while or never hiked at all, that's OK! The hikes will be guided and range in difficulty level from beginner to advanced. As an added bonus, HumanaVitality users earn 250 Vitality Points for participating in this hike! For more details or questions, email SouthTexasHumanaViality@humana.com.

June 18 • 9:00 am – Eisenhower Park

September 3 • 9:00 am – McAllister Park

4

POINTS

6.18.16 & 8.20.16 • ONGOING IN JULY ONLY

Smart Barre - Stone Oak location ONLY

427 N. Loop 1604 W Suite 206, San Antonio, TX 78232 -

See below schedule

**Workout with Smart Barre**

Smart Barre practices concentrated movements that function as deep sculpting tools to strengthen and lengthen muscles. A traditional ballet barre is used to help maintain balance and provide resistance; however, you will not need a tutu in this class to achieve the long, lean look of a dancer. In addition to the barre, light weights, a playground ball, and a cushy mat are used. Space is limited so sign up for class at www.smartbarrebody.com. You'll need to show proof of being a Fit Pass participant in order to participate.

JULY ONLY

Mondays 6:45 pm

Tuesdays 6:00 am

Thursdays 6:00 am



FITPASS 2016

A PASSPORT TO A HEALTHIER YOU.

TOTAL
POINTS

6

POINTS

8.26.16 • FREE

AT&T Center, 1 AT&T Center Parkway

Clinic starts at 2 pm - On Court Performance is at 6 pm

Dance Clinic with the Star Squad



The Star Squad and Fit Pass have teamed up to host a dance clinic, for all ages and levels, on August 26th. Participants will take a 2-hour class with Star Squad choreographers and team members. During the clinic, dancers will learn a routine, have the opportunity to take pictures with the Star Squad and the Fox, get behind-the-scenes access to a pre-game Star Squad practice. This all leads up to an on-court performance, with the Star Squad and the Fox, during the game. Register at <http://attcenter.formstack.com/forms/fitpasssa> to reserve your spot. Space is limited.

Fit Pass 2016 Activities & Events To Be Announced

Stay tuned for new Fit Pass activities and events that are not listed in this passport. For up-to-date information, including new Fit Pass point opportunities, be sure to follow us on Twitter @SAParksFitness or download the mobile app (iOS and Android). Use this space to collect stamps for newly added activities but make sure to write down the name of the activity in the space provided.

	_____ _____		_____ _____
	_____ _____		_____ _____
	_____ _____		_____ _____
	_____ _____		_____ _____
	_____ _____		_____ _____
	_____ _____		_____ _____

FITPASS 2016

A PASSPORT TO A HEALTHIER YOU.

TOTAL
POINTS

Fit Pass 2016 Activities & Events To Be Announced

(Continued)





































Please fill out this sheet prior to turning in your Fit Pass 2016 passport for a chance to win some amazing prizes!

Name: _____

Age: _____ **Gender:** M _____ F _____

E-mail Address: _____

Phone Number: _____ **Zip Code:** _____

Did your participation in the Fit Pass 2016 program encourage you to adopt a healthier lifestyle?

Yes

No

Which best describes your current activity level?

(please check one)

_____ Not very active or sedentary (Less than 75 minutes per week)

_____ Somewhat Active (At least 75 minutes per week)

_____ Moderately Active (At least 150 minutes per week)

_____ Very Active (More than 150 minutes per week)

What did you enjoy the most about the Fit Pass 2016 program?

Did you see any impact in your overall health and wellness as a result of your participation in the Fit Pass 2016 program?

Yes

No

Please provide any additional comments about your Fit Pass 2016 experience:



FITPASS

A PASSPORT TO A **HEALTHIER** YOU.

VISIT US ONLINE AT:

www.sanantonio.gov/parksandrec